

SUSTAINABLE
LEADERS.
in ACTION



November
- 2020 -

Volume 1 · Issue 4

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2

**Action of the Month:
November**

9

**Coral Reef
Acidification**

4

**Seaweed: A Solution
to Climate Change**

10

**Local Vegetarian
Restaurants**

7

**How the Environment
Impacts Our Health**

11

**Food Waste in the
US**

8

Why I Joined SLIA

13

**A Sustainable
Choice: Comic**

Recipes of the Month

14

Pumpkin Parfait

15

Quinoa Burgers

1

Photo by: Alexi Lindeman

Action Of the Month

November

By Abigail Stofer

Photographs by Sarah Khan

November's Action of the month is Climate 101! This month, we are encouraging everyone to educate themselves on the basics of an issue that is growing more threatening with every passing day. Climate change refers to a change in the average conditions- such as temperature or rainfall- in a region over a long period of time. While climate change has many different effects, the cause is mainly the same: emissions of carbon dioxide and other greenhouse gases, deforestation, and conversion of lands for agricultural use. The average temperature of the globe has been steadily increasing, rising 1.7 degrees Fahrenheit since 1970. If we want to preserve the globe's natural beauty, we must slow this rise to below at least 3.6 degrees, and we must do it fast. We have 10-20 years to take action, at best, before the effects are irreversible and severe.

In 2016, 195 countries (The US has since pulled out) signed the Paris Agreement, recognizing the importance of climate change and promising to do something about it. However, many countries are nowhere close to keeping their commitment. This display of apathy is detrimental because climate change affects every corner of our world, including:

Sea Levels

The global sea level has risen 8-9 inches since 1880, a third of which has occurred in the last two and a half decades. The levels are expected to rise three feet by 2100. This is due to a combination of icebergs and ice sheets melting, as well as thermal expansion. This is worrisome because even a small sea level rise will affect millions of people; in the US, 5 million people live within four feet of sea level, and eight out of ten of the world's largest cities are near a coast, in danger of massive flooding or total submersion.

Wildfires

The California Fire Department has openly stated that, "[they] don't even call it fire season anymore...It's year round." While the global average temperature has gone up 1.7 degrees, California's has gone up 3 degrees, and the Western fire season has consequently expanded by 84 days since the 1970s. With less precipitation, warmer air temperatures, and stronger wind patterns, trees and vegetation are drying up and dying earlier, creating the perfect conditions for perpetual and devastating fires.

Water Supply

A Harvard University study has predicted that by 2071, nearly half of the 204 freshwater basins in the United States may not be able to meet the monthly water supply demand. As warmer air sucks up more water during evaporation and annual precipitation decreases in some regions, the populations of those regions will see that in 50 years from now, their water supplies could be reduced by a third of their current sizes, while their populations and water demand keep on increasing.

Food Supply

Along with the water supply, our food supply is in danger as well. The United Nations has warned that due to changes in weather patterns, higher concentrations of carbon dioxide, the increasing rate of soil loss, desertification, and land degradation, climate change may very well surpass the agricultural industry's ability to adapt. This shortage is likely to affect poorer areas of the world much more than affluent ones, increasing migration and placing many countries under massive strain.

Ecosystems and Species Loss

Many species have a specific range of temperature and rainfall that they must have in order to survive, and with the rapid rise of climate change, many species will be unable to adapt fast enough. The effects of climate change are currently challenging 19% of species. The harm inflicted can come in many forms, including ecological changes in migration patterns, behavioral changes, physiological, and genetic changes. This is a deadly cycle because as species and ecosystems decline, they also increase our own vulnerability to climate change, as their ability to sequester carbon is weakened.

Oceans

75% of all species live in and depend on the ocean. However, they are all in danger, as a quarter of all carbon dioxide emissions are being absorbed by the ocean, causing the ocean to become 30% more acidic over the last 250 years. This acidity affects the balance of minerals and makes it difficult for marine animals to build protective shells or skeletons. Additionally the coral reefs, a diverse habitat for an estimated 25% of marine life, are being bleached and the quantity of phytoplankton, a primary producer that forms the base of the food chain, is decreasing in the warmer temperatures. This November, we invite everyone to do a deep dive and become more educated on this issue and its many subdivisions.

There is no planet B, and in order to combat this threat, everyone must be on board.

Seaweed: A Solution to Climate Change

by Alexi Lindeman
infographics by Alexi Lindeman

The sun's brilliant rays dance across the rippling emerald waters. Waves push themselves upon the sand and cover back in a rhythmic, ceaseless melody. A crisp, cool breeze blows salt, sand across the luminous terrain while the pungent stench of rotting seaweed conflicts with the idyllic scenery. Clumps of kelp litter the beach like discarded pieces of clothing while tentacles of seaweed resemble lurking monsters in the water. Although you may associate seaweed with the slimy, gnat-attracting mounds on the beach or the packaged snacks, it could play a significant role in mitigating climate change and its unfavorable effects.

Carbon Sink

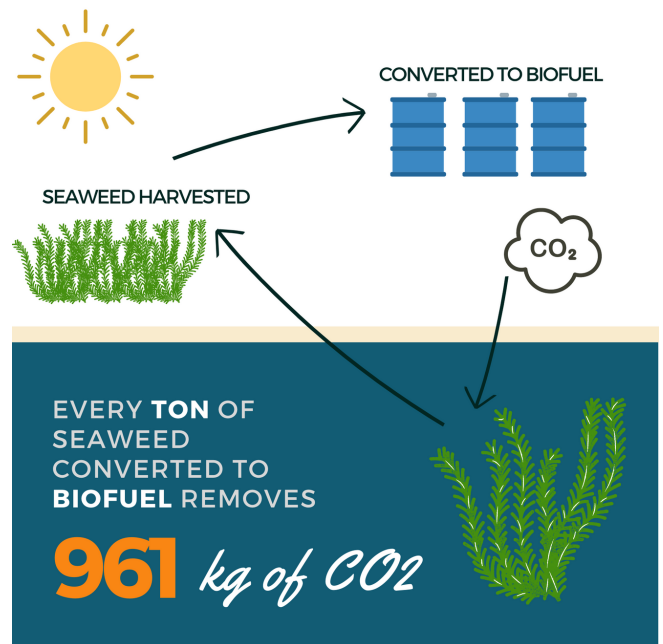
Carbon sinks are reservoirs that capture more carbon than they release, typically storing carbon for long periods of time. For instance, deceased plants and animals sink to the bottom of the ocean floor and become buried, and after hundreds of thousands of years turn into petroleum and natural gas. Likewise, forests sequester carbon in their wood and soil traps carbon from decayed organic matter. Unfortunately, as humans burn more coal and gas for energy and bulldoze more trees for land, vast amounts of CO₂ are released into the atmosphere. Carbon sequestration projects, like reforestation, try to remediate the exponential output of greenhouse gases in light of climate change.

Surprisingly, seaweed carries enormous potential in helping sequester carbon. Seaweed does not rely on land, freshwater, or synthetic fertilizer to grow. Thus, its production will not compete with agriculture, housing, recreational or business sectors for these precious resources. Furthermore, seaweed can absorb 20 times more carbon than trees due to its rapid growth. This is a simplified process of how seaweed can create a carbon sink. First, the seaweed is grown. Through the process of photosynthesis, the plant will convert CO₂ into sugar (C₆H₁₂O₆).

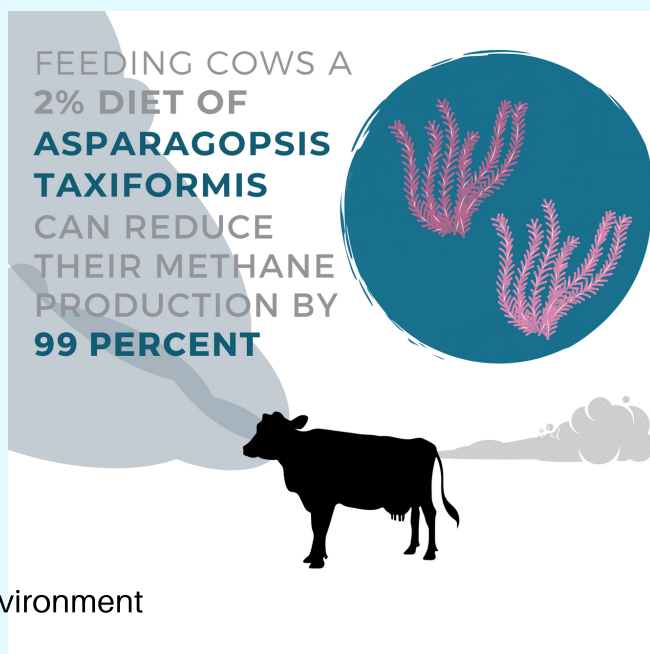
After the seaweed's growth rate has peaked, it is cut, and the seaweed sinks to the ocean floor. The carbon absorbed by the seaweed becomes trapped as ocean sediments, thus creating a carbon sink. Currently, seaweed around the world carpets 3.5 million km² of ocean and absorbs about 173 TG carbons (trillions of carbon). Seaweed aquaculture only makes up 0.4% of global seaweed and could be upscaled to increased overall sequestration of carbon as seaweed farms will promote the fastest growth rate.

Biofuel

Due to its rapid growth and low resource requirements, seaweed could be one of the most efficient and promising biofuels. While biofuels do emit carbon when burned, they are considered carbon neutral as they only release the carbon they absorbed to grow. With this in mind, biofuels can help the world reduce their reliance on fossil fuels. Seaweed even permanently removes carbon from the atmosphere as the leftover debris is buried. For every ton of seaweed converted to biofuel, there is a net removal of 961 kg of CO₂. Investing in seaweed biofuel is also cheaper initially than other forms of renewable energy. To put this in perspective, one offshore wind turbine costs \$1.5 million US while one hectare (10,000 m²) of seaweed farm in Mexico costs \$15,000 US.



Cattle significantly contribute to climate change due to their production of methane, a greenhouse gas 20x more potent (harmful) than CO₂. If only there was a way to reduce cows' belching and farting... and well, there is! A 2016 study found that feeding cows a 2% diet of the seaweed *Asparagopsis taxiformis* reduced their methane production by 99 percent. Seaweed could also help reduce nitrous oxide emissions—296x more potent than CO₂. The use of synthetic fertilizers has caused an unnatural influx of nitrogen. Subsequently, the excessive nitrogen causes more nitrous oxide to be produced after several chemical reactions. Seaweed could be used as a natural fertilizer, thus preventing the nitrogen cycle from falling out of balance.



Environment

As atmospheric carbon concentrations increase, oceans absorb more and more CO₂. The dissolved carbon dioxide converts to carbonic acid through a series of chemical reactions. Accordingly, the water becomes more acidic (low pH). Ocean acidification is contributing to numerous mass die-offs of coral reefs, and declines in shellfish population (acidic waters decrease calcium levels needed for their exoskeleton). Groves of seaweed can reverse these effects by sequestering the carbon before it becomes carbonic acid while also raising oxygen levels.

The rise of animal aquafarms has polluted water as the waste excreted by the fish create eutrophic (nutrient rich) conditions. While this may seem like a good thing, it actually deprives the water of oxygen as the excessive waste increases decomposer activity—microorganisms need to break down more waste—and the darker waste water blocks light. The decomposers will use up more oxygen as they are more active and photosynthesis is limited by the lack of light. While many plants and animals cannot thrive in this environment, certain seaweeds do and can even return the eutrophic waters back to their healthy state.

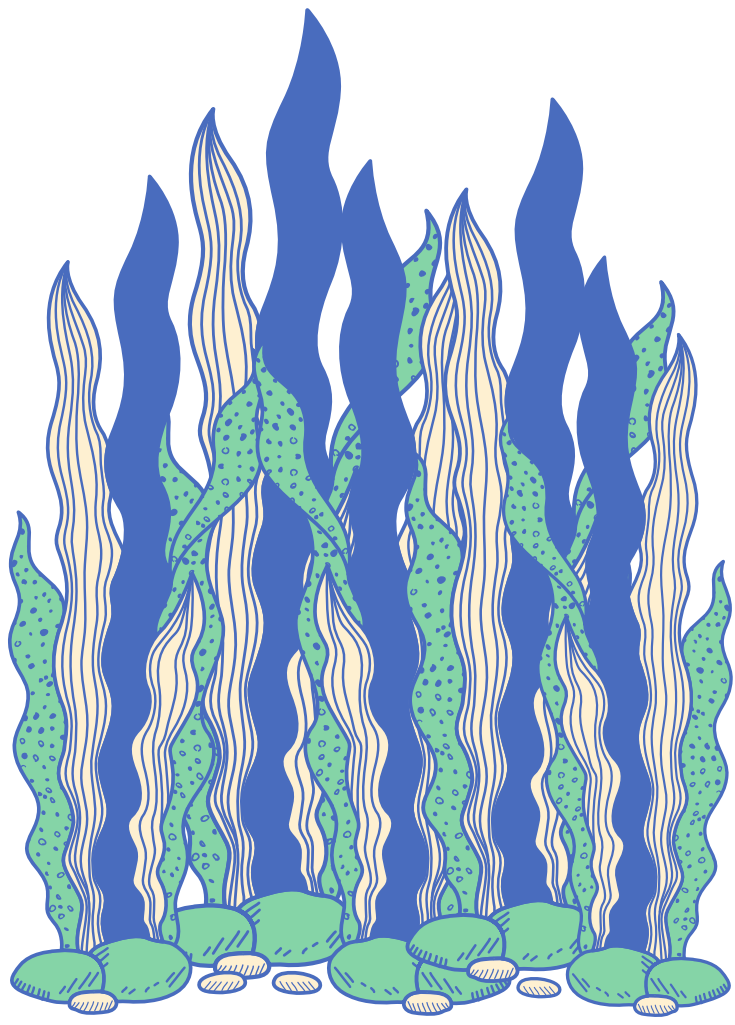


Lastly, climate change stimulates rising sea levels through the melting of ice caps and glaciers and thermal expansion—water molecules expand as temperatures rise. Waves and storms also intensify in strength with higher temperatures and more water, and consequently, rip apart vulnerable coastal ecosystems. Seaweed can reduce the force and height of these waves as they will slow the water's current. Waves in Norway have been reduced by 60% in height due to *Laminaria hyperborea* kelp forests.



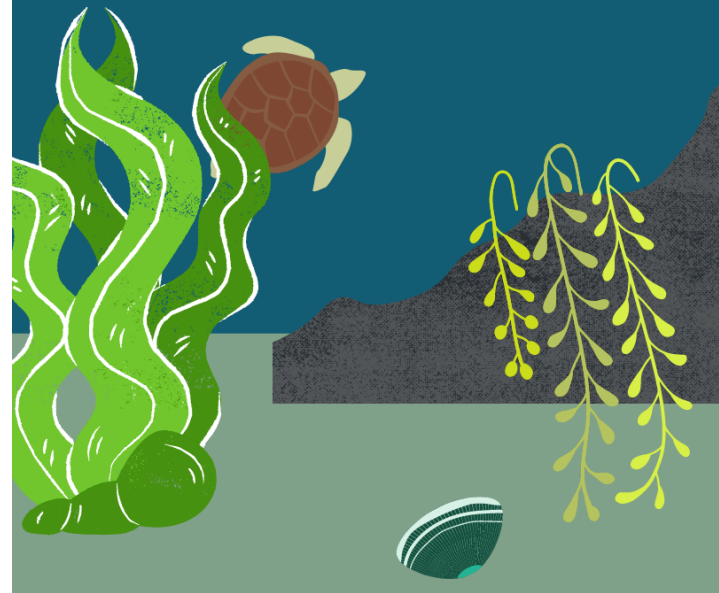
Conclusion

The average person will give little thought to this “gross” green—I know I did. But, seaweed clearly carries potential to help the world lower its greenhouse gas emissions. It’s also not the only plant whose potential was and is still underestimated and unfulfilled. Only four years ago someone discovered that feeding cows seaweed drastically reduces their methane production. Imagine how many problems could be solved as we learn more about hundreds of thousands of plant species. Will there be a chemical that can cure cancer? Fight viruses? Improve memory? However, every year thousands of species go extinct, and we lose the chance of finding those life altering resources. Nature is a priceless gift and we should do whatever we can to preserve it.

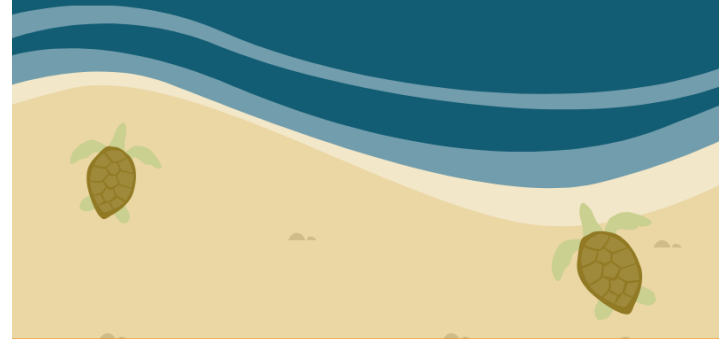


SOLUTION FROM THE SEA

Climate change is one of the greatest problems humanity faces. Surprisingly, seaweed can help us fight it!



SEAWEED CAN ABSORB
20X
more CO2 than
FORESTS



/SUSTAINABLE LEADERS IN ACTION/

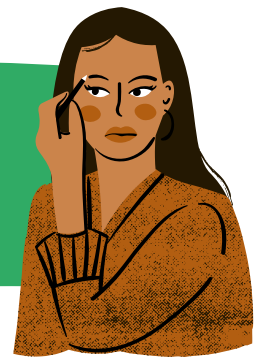
How the Environment Impacts Health

It feels like the way we treat our planet goes full circle, when we take care of the environment we are provided with healthy air to breathe and clean water to swim in. When we pollute the environment, the conditions get worse and it negatively impacts human health. However, we have taken advantage of the environment and used it for our own recreation and comfort. Actions like water pollution, air pollution, and energy crisis have all been caused by selfish human actions. However, the negative effects that human actions have on the environment create less ideal living conditions for humans and end up hurting our own health as well. One of the worst effects of an unsustainable lifestyle is air pollution, which is starting to hurt not only the environment, but human health. The increasing pollution in the air that we breathe increases the risk of heart disease, lung cancer, strokes, and heart attacks. Another factor that hurts the environment and our own health is chemicals in everyday products. According to the [Active Times](#), some plastics and stain repellent coatings are made of molecules that don't degrade. Which means once they are in your body, they won't leave. An increasing climate targets those who have allergies in particular, as warmer air temperatures. The drought and decreased rainfall in many areas is ridding a rich area of economic resources and water. If there is a lack of water, as well as a continuing increase in global heat, deaths caused by dehydration will rise.

Luckily, there are various solutions on how we can aid the health of the environment and ourselves. We need to take action. In order to prevent health issues such as heart problems due to rising air pollution, minimise your use of fossil fuels that cause green-house gasses. Instead of riding your car everywhere, try walking or biking. If you think that you have the money and know you can't walk or bike everywhere, consider purchasing an electric car, which run on electricity instead of gas! Thankfully, there will be laws in California that will prevent the sale of gas vehicles very soon. Many everyday care products we use are effective and useful, however they are also often filled with chemicals. When it comes to things like hair pomade, lotion, and acne products, avoid buying products with chemicals and start purchasing all natural products. If more and more people start buying all-natural products, not only will the environment improve, but so will our health and those companies making chemical filled products will lose revenue. For those who have allergies you can reduce burning firewood and trash which will improve your health and the sustainability of the environment. In order to conserve water during a drought, the best thing you can do is to take shorter showers and never leave the faucet running when not in use. As I mentioned in the coral reef issue, the environment is resilient and will adapt to change if we choose to make sustainable decisions. I hope reading this helped you realize that living a sustainable lifestyle will not only improve the environment, but give you clean air to breathe and good water to swim in for years to come!

Why I Joined SLIA

by Ysabel Aguirre



Cosmetics are my favorite hobby. It may seem like a shallow interest, a way for people to cover up their true selves, but it's nothing of the sort. Makeup is art. All of the different colors in my makeup collection allow me to, literally, wear my emotions on my face. I can put warm tones on my eyelids to show that I'm kind and welcoming, or I can put gold to show my positivity. It's my favorite way of expressing myself.

Naturally, I want to enter the cosmetics industry. I'm planning on majoring in chemical engineering to become a cosmetic formulator. My dream is to create makeup products for some of my favorite makeup brands, or even start my own. Really, I just want to share my love of makeup with the world.

One thing I don't love about makeup, however, is that it's not always eco-friendly. Some makeup products contain pure mica, a substance found deep underneath the surface of the earth. As a result, companies have to mine, drill, and blast their way through rock for mica. This causes deforestation and scares away wildlife living above mica deposits. And all of that construction releases carbon emissions into the air, harming every living creature -- plant, animal, or human -- who lives nearby.

I don't want my dreams to hurt the environment. So when I heard about SLIA, an organization devoted to addressing environmental issues, I knew I had to sign up. As terrible as mica consumption is, it's going to take a lot of convincing to get big makeup companies to switch to synthetic alternatives. SLIA seemed like a great way to practice my advocacy skills in the meantime, so that one day, when I start working as a cosmetic formulator, I will be comfortable sharing my thoughts on eco-friendly production methods. I envision the future of makeup to be vegan, cruelty-free, formulated with locally sourced ingredients, and manufactured using net-zero carbon dioxide emissions, which is contrary to what many makeup companies have in mind. The organization has lived up to my expectations. I've spent the past few months putting my artistic skills to use by creating graphics teaching people how to live more sustainable lives. I've even worked with other members to make the graphics for Climate Careers Chat, a webinar in which professionals in green jobs told viewers what they do for a living. And I've learned a lot of professional skills that I'll use for the rest of my life, like meeting etiquette, keeping up with deadlines, and how to create work that will impress my superiors.

SLIA has not only made me feel more prepared, but more excited about my future career.

The Problem

Within the past few decades, the carbon dioxide levels in Earth's atmosphere have been gradually increasing. If carbon dioxide levels continue to rise rapidly, the coral reefs in our oceans won't be able to build skeletons and will likely become extinct. Why are coral reefs so important? Coral reef ecosystems are vital for our oceans because they protect coastlines from storms and erosion. They are also a source of food, medicine, and jobs for certain communities. According to the [National Oceanic and Atmospheric Administration](#), about half a billion people rely on coral reefs for food, protection, and income. It is ironic that humans rely on the benefits of coral reefs, and yet the acidification of the ocean that is harming the reefs is almost entirely caused by humans. Liter, the excessive use of fertilizers, and the burning of fossil fuels are all actions that humans do to pollute the ocean and acidify coral reefs. Because the natural habitat of a reef is the deep end of the ocean, the increasingly acidic conditions are preventing their growth and encouraging their extinction. The decrease of coral reefs can hurt marine life in various ways. Most marine species are all dependent on reefs for food, reproduction, and sheltering larvae. ocean acidification negatively impacts coral reefs because it reduces the amount of aragonite saturation on our planet, on which reefs are dependent in order to grow. The rapid decrease of ideal habitats for reefs to grow and benefit our environment is scary and if these trends continue, reefs won't make it through the century.

Coral Reef Acidification

Written by: Luca Mathias

Illustration by: Kyle Suen

The Solution

The environment, however, is resilient. It will be willing to adapt to change as long as humans are on board. The first step to preventing coral reef acidification is managing general ocean acidification. I challenge you to go and visit your closest beach. What do you see? Plastic bottles washed up on the shore, soda cans drifting up and down the waves, and wrappers floating into the deep end. Keep our oceans clean by managing your trash responsibly! When disposing trash, make sure to do it properly in bins and remember to reduce, reuse, and recycle. Another way to prevent ocean acidification is to minimize your use of fertilizers. When you overuse fertilizers, the phosphorus and nitrogen from the fertilizer can make its way into waterways and end up in oceans, making them more polluted. Another step that anyone can do to prevent coral reef acidification is to use more environment-friendly transportation methods. Instead of driving your car to the grocery store every week, try riding your bike every once in a while. It is good for your health, and you won't be contributing to the increase of polluting greenhouse gases. You can also reduce stormwater runoff to prevent pollution in the oceans, and flooding. Depending on where you live, you may or may not get a lot of rain. Consider installing water catchments and using water barrels to collect stormwater. Doing all of the actions listed above is important, but make sure that you are spreading the word too. Know someone who loves the ocean? Try to explain to them how human actions are increasingly making it more acidic and dangerous. Coral reefs are beneficial to our ecosystems, they will be gone if we don't try to improve the environment everyday.



The Local Vegetarian

Part Two

By Sarah Khan

Photo by Sarah Khan

Brentwood & Oakley

- **Lone Tree Thai** | \$ | ★★☆☆

Asian foodies are sure to enjoy the vegetarian variants of their delicious menu items. Popular items include Pineapple Fried Rice and Pad Thai (and their meal presentation is pretty Instagram-worthy too--the more vegetables, the more aesthetic)!

- **Chicago's Pizza With a Twist** | \$\$ | ★★☆☆

Here, you're offered a ridiculous amount of freedom in building pizzas. You'll have an entertaining time playing around with spices, sauces, and toppings (vegan cheese included)--see what veg options work for you!

- **Zephyr Grill & Bar** | \$\$ | ★★☆☆

This establishment easily accommodates vegetarian and pescatarian customers alike, with flavorful items like Primavera vegan Pasta or Potato-wrapped Halibut.

- **TenZenTea** | \$ | ★★☆☆

It's important to mention how some eateries include gelatin or other harmful meat-derived ingredients in their drinks or items. If you want to take vegetarianism to the next level with a flair, then TeaZenTea offers plant-sourced ingredients in their drinks. Find customizable boba, smoothies, juice bars, and more! (And be sure to ask the other eateries you visit in the future to double-check what's going into your food)!

Pleasant Hill

- **Rooted** | \$\$ | ★★☆☆

An all-vegan organic coffee shop with a unique selection of drinks! This family business retains a fantastic environmental reputation for using compostable products, and focus on keeping their carbon footprint to a minimum.

- **Blossom Vegan Restaurant** | \$\$ | ★★☆☆

As in the name, it serves 100% vegetarian/vegan Asian dishes--try your favourites with healthier ingredients! Their production of these meals is just as healthy: try popular East Asian dishes without worrying about the fried oil content.

- **Oyo** | \$\$ | ★★☆☆

A Caribbean family-owned business with a South American menu (dishes are sourced from Guyana and the Caribbean, and even bits of Asia and West Africa). Their menu includes nearly all vegetarian/vegan and pescatarian-friendly items. Try your classic Latin American street favourites like paella and jerk "chicken" with healthier alternatives--it's just as good. (In light of COVID, Oyo has been contributing packaged meat and seafood for at home cooking as well)!

Food Waste in the US

By Abigail Stofer

Photographs by Sarah Khan

In the United States, 80 billion pounds of food are thrown away each year (equivalent to the weight of 1,000 Empire State Buildings!). This amount is 30-40% of our food supply, \$161 billion, 219 pounds per person, \$1,600 per family, and if you multiply this by the typical 18 years a child lives at home with their parents, a full year of college tuition could be paid. If one thing is clear, it is that food waste in the United States is a major and costly problem.

The United States is the global leader in food waste. While 37 million Americans, including 11 million children, suffer from food insecurity, many Americans toss out perfectly good, consumable food because they misunderstand the expiration label, underutilize leftovers, over-buy, store products incorrectly, or perceive the product as "ugly."

This behavior is harmful, as food waste is a topic that is linked to the ever growing challenges of food security, resource and environment sustainability, and climate change.

Food loss occurs in all stages of the food system. In the farm to retail stage can arise during drying, milling, transporting, or processing that can expose food to

insects, rodents, birds, mold, and bacteria. At the retail level, equipment malfunction, over-ordering, and the culling of blemished produce causes waste. However, the largest percentage of food waste results from the consumption stage.

Three quarters of food waste ends up in landfills. Discarded food takes up 22% of municipal solid waste, making it the single largest component taking up space in landfills. This is detrimental as this decaying food sitting in landfills produces 7% of the world's greenhouse gases—equivalent to the amount emitted by 37 million cars. It also stimulates dead zones, hypoxic areas in large bodies of water that fail to support the native marine life, due to nitrogen pollution. There are several options available to try to combat the overcrowding of landfills, including composting, anaerobic digestion, feeding waste to livestock, and incineration. But besides livestock feeding, none of these options address food security challenges.



Reducing food waste will require cooperation on a federal, state, local, organizational, and community level. In 2015, the USDA joined with the US Environmental Protection Agency to set a goal to cut food waste in half by 2030. Additionally, the USDA, EPA, and FDA have signed a joint agency formal agreement under the Winning on Reducing Food Waste Initiative, which focuses on educating Americans on the impacts and importance of reducing food waste.

At the state level, many states have introduced legislation to educate, reduce waste, and restrict the amount going to landfills. In California, Colorado, and Massachusetts, programs that will fund private-sector composting and organic collection programs are currently pending. Additionally, states like Rhode Island and Massachusetts have introduced legislation to reduce food waste in schools. Moreover, in 2019, the New York City Department of Sanitation proposed that food-related businesses would be required to separate organic waste. This law would lead to keeping nearly 100,000 tons of wasted food out of landfills each year!

There are countless ways that you can eliminate and reduce waste in your own home. One of the easiest ways to do so is to "shop smart". This includes not buying in bulk, planning out meals for the week, making and sticking to a set grocery list, and using all the food you bought on the last trip before making another. It is also shown that food spoilage, whether real or perceived, is the biggest reason people throw out food. Eighty percent of Americans discard perfectly consumable food because they misunderstand the expiration labels. For clarification, "sell by" informs retailers when products should be sold or removed by shelves and "best by" is the suggested date that consumers should use the product by, but neither of these mean that the item is unsafe to eat. To accurately assess whether a product is expired or not, follow the "Use by" label.

Storing food correctly is also a great way to make your food last longer. Make sure to separate foods that produce ethylene gas while ripening (Bananas, avocados, tomatoes, cantaloupes, peaches, green onions, etc.) from those that don't. Freezing, pickling, drying, and curing are other simple ways to preserve your food. Remember that "ugly" doesn't mean inedible and that leftovers are never a bad idea!

Food waste is a pressing concern that will only increase as climate change continues to threaten our planet. However, everyone can do their part and contribute, even in small ways, to ensure that not one piece of food goes to waste.

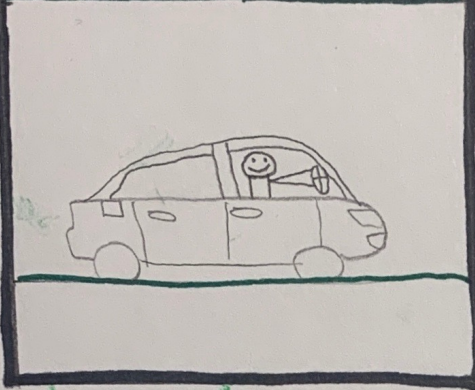
"...this decaying food sitting in landfills produces 7% of the world's greenhouse gases—equivalent to the amount emitted by 37 million cars."



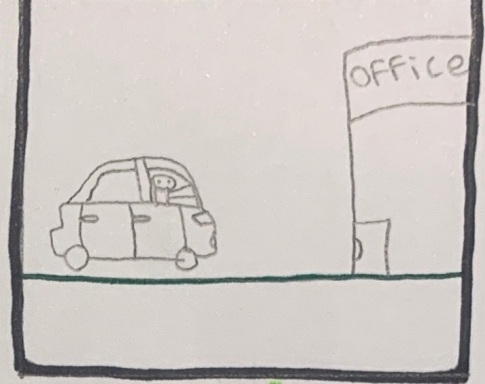
A SUSTAINABLE CHOICE

By Luca Mathias

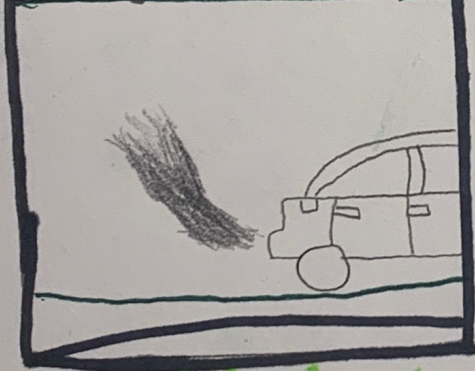
Michael Always drove his car to work



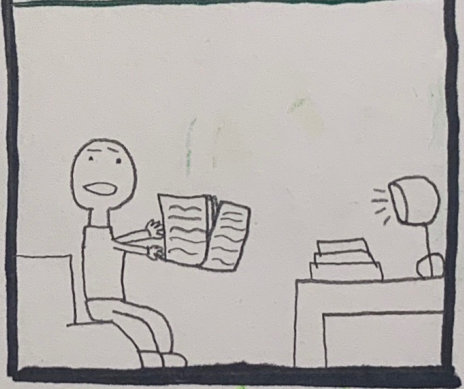
He only lived 10 minutes away from his office



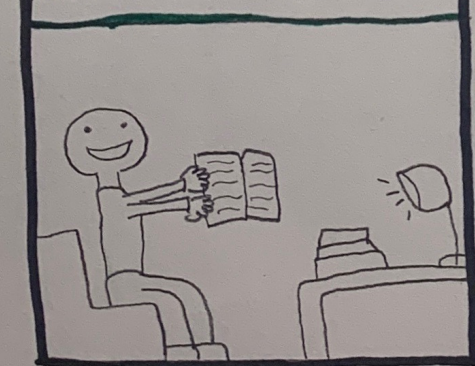
His car ran on gas, and polluted the atmosphere everyday.



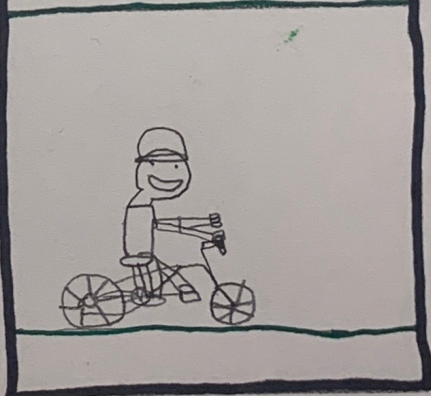
Michael read the SLIA newsletter on climate change



Michael started to learn about sustainable solutions



Next day, Michael rode his bike to work



Vegan Pumpkin Pie Parfaits

Recipe from [Love & Lemons Blog](#)

Written and Photographed by: Nicole Wan

Not a pie expert? Have no fear!

These autumn and pie-inspired parfaits are scrumptious and simple, without the task of homemade crust. The nostalgic spices of pumpkin pie mousse atop a crunchy layer of pecans are a delectable contrast of texture and flavor. And best of all? Not a soggy pie crust in sight.

TIME: 15 minutes plus 4 to 6 hours to chill 4 servings

Ingredients

For the pumpkin mousse:

1 heaping cup pumpkin puree
½ cup thick coconut solids*
¼ cup maple syrup
2 tablespoons creamy/runny almond butter
1½ teaspoons cinnamon
1½ teaspoon pure vanilla extract
heaping ¼ teaspoon sea salt

For the parfaits:

heaping ½ cup pecans, toasted and crushed
Coconut whip, store-bought or homemade*

Directions

1. Blend all mousse ingredients together until smooth and creamy. Transfer to a bowl and chill for 4-6 hours or overnight (the mousse will be thicker if it sets overnight).
2. To assemble the parfaits, divide the pecans evenly between 4 small serving dishes. Add the pumpkin mousse and dollop of coconut whip to each serving.



Notes

*Refrigerate 1 (14-ounce) can of coconut milk overnight. Scoop thick solids off top.

** Homemade Coconut Whip:
solids from 1 (14-ounce) can full-fat coconut milk, refrigerated overnight
⅓ cup powdered sugar
Few drops of vanilla extract



Quinoa Burgers

Recipe and Photos by Alexi Lindeman

My family have been making these delicious burgers for years. Bursting with savory juices, textured perfectly with a soft inside and crisp covering, and topped off with sauteed mushrooms, tomatoes, lettuce, sharp cheddar, pickles and a sunny side down egg, these loaded burgers will rival—and in my opinion, far surpass—the traditional beef patty. My sister and I have even experimented with a vegan version of this recipe—substitute ingredients included below—and we hardly notice the difference after piling on the rest of the toppings.

Ingredients

- 2 ½ cup pre-cooked quinoa—the recipe I use is down below, but any will work
- ¾ cup or 3oz or 80 g rolled oats
- 4 eggs or ¾ cup mashed chickpeas
- 7 oz or 200 g mozzarella or tofu
- 100 g or 4 cup fresh spinach (chopped)
- Sea salt
- Pepper
- Coconut oil, butter, or olive oil to fry

Cooking quinoa

- 1 cup dried quinoa
 - 1 ⅓ c broth (chicken or vegetable)
 - 1 tablespoon olive oil or butter
 - 3 cloves garlic minced
 - 1 red bell pepper chopped (optional)
 - 1 onion diced (optional)
 - ⅔ teaspoon cumin
 - ⅔ teaspoon oregano
 - ½ teaspoon salt
1. Saute veggies in oil, add quinoa and stir til brown then add broth
 2. Cook in a rice cooker on the white rice setting OR in an instant pot for 1 minute then quick release

Recipe:

1. Mix ingredients, chill 30 minutes in fridge
2. Spoon on to a pan and fry 2-3 min each side till golden brown. For a quicker (and healthier) alternative, air fry on 325 F til crispy. However, the pan fried ones will taste better.



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